



Let's go!

Thanks for participating in the 15-Day Dash! Let's get our movin' shoes on, show our team spirit, and have some fun!

**15
DAY
DASH**

Reminders

- Your pedometer or fitness device must be synced with HumanaVitality. Watch ["How to connect a fitness device."](#)
- If your device doesn't automatically upload your steps, be sure to upload them periodically throughout the challenge. (Note: steps can take 24-48 hours to sync from your device platform to HumanaVitality.)
- Follow the action on the challenge "leaderboard" at [HumanaVitality.com](https://www.humanavitality.com) or on the HumanaVitality mobile app.

Tips

You can get more steps than you think just by changing up your routine.

- Park further from the door.
- Walk to someone's office instead of emailing or calling.
- Take the stairs instead of the elevator.
- Utilize breaks and walk with a co-worker.
- Walk to lunch. Walk to the mailbox. Walk the dog.
- Enjoy the warm weather by taking the kids to the park.

Visit [LivingWell.ky.gov](https://www.livingwell.ky.gov) for more details. Encourage others by [sharing your story](#).

The Dash ends June 30. Be sure to do a final upload of your steps by July 1.



Questions?
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